

What's New?

The Training Bulletin is now only available on the Internet, in Adobe Portable Document Format (PDF) and can be viewed or downloaded.

Updates: Check out 2005 dates for *Learning to Listen, Learning to Teach* and *Advanced Learning Design Workshops*. Also, revised 2004 and new 2005 dates for Community Resource Project (CRP) Inc. CRP Application is now included in Training Bulletin. ISIS Basic Part I and Part II new classes added for December in Sacramento. Revised Table of Contents.

Updates: ISIS Basic Part I and Part II at the Bellflower Training Center have been rescheduled. The new dates are ISIS Part I is rescheduled for Nov. 8-10, 2004, and ISIS Part II is rescheduled for Nov. 15-16, 2004.

ISIS Basic Part II at the ARC Training Center in San Diego for November 17 & 18, 2004 has been changed to November 16-17, 2004.

Please refer to PWPC letter NBETS #09-10-04-057. The WIC Branch will maintain the current ISIS training schedule from October 1, 2004 through December 1, 2004.

The Training Bulletin will be updated on an as needed basis on Monday of each week. Visit <http://wicworks.ca.gov> for the most up-to-date training schedule and activities. All updates or cancellations will be highlighted for your convenience.



Welcome to the Training Bulletin!

We are excited to offer you a wide variety of learner-centered education training. This training will help you and your staff redesign and reinvigorate your nutrition education program.

There are two types of training in the bulletin, those offered by the State WIC Program, and those provided by outside trainers.



The bulletin also contains:

- Registration information
- A list of training materials you can order from us
- Training Center locations
- Information about the Nutrition Education and Training Consortia

We hope this bulletin is useful to you as you develop your training plan.

Please contact **Kim Frinzell at (916) 928-8653** if you have any questions about the bulletin.



Remember that to attend any training, funds must be available in your agency's budget and approval for training must be obtained from your supervisor.

Registration Information



To register for training:

1. Fax a completed *Training Registration* form to (916) 928-6816.



OR

2. Email Registrar@dhs.ca.gov and include the following information:

- Staff Name
- Position/Title
- Class Name
- Class Date(s) and Location
- Contact Name
- Contact Person's Telephone and Fax Number
- Agency Name and Address

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California WIC Program

Descriptions of Training and Schedule



Be a Service Star

Length: 1 Day

Description: Let your people skills shine through while you learn to become a customer service star.

Learn:

- What your customers need
- How to create rapport, listen actively, and use other communication skills
- How to incorporate the Fish Philosophy at your agency
- How to handle challenging situations

Discover the “STAR” in you!

Who Should Attend: All interested staff, particularly those providing direct service.

Complete Application for Training at Your Agency, page 16 in Training Bulletin.

Date

Location

This is an agency specific application process. The application is available and can be downloaded from the www.wicworks.ca.gov and faxed to (916) 928-6816.

Family Centered Education (FCE)

| | |
|--|--|
| <p>Length: 1 Day</p> <p>Description: Ever wonder what to do with the children that attend WIC sessions with their parents? Why not involve the whole family – children included – in the learning by using Family Centered Education (FCE)? During FCE group education sessions, the parents and children have fun together while learning about nutrition. The family takes part together in hands-on activities that help children get ready for school, while promoting the role of the parent or caregiver as the first teacher for their children.'</p> <p>At this training, you will:</p> <ul style="list-style-type: none"> ♦ Explore the principles of working effectively with family groups ♦ Practice how to read to children when adults are in the class ♦ Practice teaching a Family Centered Education (FCE) session using FCE lesson plan and materials ♦ Problem solve on how to handle common facilitation challenges in FCE <p>Who should attend: Staff who teach, train, and/or design classes</p> <p>Complete Application for Training at Your Agency, page 16 in Training Bulletin.</p> | <p>Upcoming 2005 Workshop dates and locations to be determined. This training is conducted as a partnership between the local agency and the WIC Branch.</p> <p>This is an agency specific application process. The application is available and can be downloaded from the www.wicworks.ca.gov and faxed to (916) 928-6816.</p> <p>The Local Agency:</p> <ul style="list-style-type: none"> ♦ Provides a training site for 20-25 staff, 4 work tables and a circle of chairs for large group discussion, and practice areas for 3-4 practice groups ♦ Supplies flip charts, markers and post-its, CD player(s) ♦ Advertises training to nearby agencies if space allows ♦ Administers needs assessment with the staff ♦ Duplicates training workbooks for each trainee ♦ Helps Branch trainers facilitate some parts of the training, especially the FCE class practice sessions ♦ Agrees to offer the FCE class to participants, and orders supplies needed to conduct the FCE sessions at their agency <p>The WIC Branch:</p> <ul style="list-style-type: none"> ♦ Consults with local agency to tailor training template and lesson plan template to agency's specific needs ♦ Provides needs assessment questions for local agency to survey staff ♦ Develops trainee workbook, materials, and trainer's notes ♦ Registers staff and provides training certificates ♦ Brings trainer's supplies such as FCE lesson plans, materials for practice sessions, agenda, supplies for training activities ♦ Facilitates training session with support from local agency |
|--|--|

FGD: Getting Participants to Talk-Beginning

Length: 1 Day

Description: Are you ready to change your group education from a monologue to dialogue? Then check Facilitated Group Discussion Beginning Level out.

At this session you will:

- Discover some quick ways to find out what people want to learn
- Practice facilitation skills
- Learn how to handle misinformation

Kick up your group education a notch!

Who Should Attend: Staff who teach, train, and/or design classes.

Complete Application for Training at Your Agency, page 16 in Training Bulletin.

Date

Location

This is an agency specific application process.
The application is available and can be downloaded from the www.wicworks.ca.gov and faxed to (916) 928-6816.

FGD: Getting Participants to Talk-Intermediate

Length: 1 Day

Description: Move your group education to the next level of dialogue, Facilitation Group Discussion Intermediate Level.

At this training you will:

- Build on basic facilitation skills
- Practice handling challenging situations
- Redesign and deliver a lesson plan as a facilitated session
- Transform a standard lesson plan into an interactive facilitated session where everyone participates and learns

Who Should Attend: Staff who teach, train, and/or design classes.

Complete Application for Training at Your Agency, page 16 in Training Bulletin.

Date

Location

This is an agency specific application process. The application is available and can be downloaded from the www.wicworks.ca.gov and faxed to (916) 928-6816.

Finding the Counselor Within: Individual Education the Learner-Centered Way

Length: 1 Day

Description: Discover ways to motivate participants to make positive health changes in their lives.

At this training you will:

- Identify how to use a learner centered approach to make individual education sessions more effective
- Practice core individual education skills such as open-ended questions, paraphrasing, and validating feelings
- Review the stages of behavior change and brief motivational interviewing methods for assessing readiness to change
- Practice conducting individual education using “brief” motivational interviewing techniques

Who Should Attend: Staff who provide individual education or train or supervise those who provide education.

Complete Application for Training at Your Agency, page 16 in Training Bulletin.

This is an agency specific application process.

The application is available and can be downloaded from the www.wicworks.ca.gov and faxed to (916) 928-6816.

This training is conducted as a partnership between the local agency and the WIC Branch

The local agency:

- Provides a training site for 20-25 staff, 4 work tables and a circle of chairs for large group discussion
- Supplies VCR, flip charts, markers and post-its
- Advertises training to nearby agencies if space allows
- Administers needs assessment with the staff
- Duplicates training workbooks for each trainee
- Helps Branch trainers facilitate some parts of the training
- Commits to follow-up inservices with staff to reinforce training

The WIC Branch:

- Consults with local agency to tailor training template to agency's specific needs
- Provides needs assessment questions for local agency to survey staff
- Develops training workbook, materials, and trainer's notes
- Registers staff and provides training certificates
- Brings trainer's supplies such as video, case studies, learning journey and other posters
- Facilitates training session with support from local agency
- Provides local agency trainer with follow-up training

Fit WIC: Supporting WIC Families and Staff

Length: 1 Day

Description: Mix fun with prevention as you learn how to conduct training activities related to childhood obesity prevention. Come prepared to have fun and bring Fit WIC back to your agency!

You will learn to:

- Help staff use individual and group education approaches to promote healthy eating and physical activity
- Support staff in achieving healthier lifestyles
- Use available materials and resources for staff training and participant education

You will receive a workbook with resources to use in training your own staff.

Attendance is limited to 3 staff per agency.

Who Should Attend: Staff who train.

Complete Application for Training at Your Agency, page 16 in Training Bulletin.

Date

Location

This is an agency specific application process. The application is available and can be downloaded from the www.wicworks.ca.gov and faxed to (916) 928-6816.

ISIS Basic Part I

Length: 3 Day

Description: Topics covered include applicant screening, appointments, MEDS interface, certification/re-certification, and printing food instruments.

You must complete ISIS part I and II to receive full ISIS certification.

Who Should Attend: New staff with basic knowledge of the WIC Program.

***Please refer to PWPC letter NBETS #09-10-04-057. The WIC Branch will maintain the current ISIS training schedule from October 1, 2004 through December 31, 2004.**

| Date | Location |
|--|---------------------------------|
| November 2-4, 2004 | WIC Branch-Sacramento |
| November 3-5, 2004 Rescheduled to November 8-10, 2004 | PHFE Training Center-Bellflower |
| November 3-5, 2004 | American Red Cross-San Diego |
| *December 7-9, 2004 | WIC Branch-Sacramento |

***See note in box.**

ISIS Basic Part II

Length: 2 Day

Description: Topics covered include adjunctive eligibility, voiding and change issued food packages, foster child enrollment, and transfers.

This is the second part of the ISIS training required for ISIS certification.

Who Should Attend: Staff who have completed *ISIS Basic Part I*.

***Please refer to PWPC letter NBETS #09-10-04-057. The WIC Branch will maintain the current ISIS training schedule from October 1, 2004 through December 31, 2004.**

| Date | Location |
|---|---------------------------------|
| November 11-12, 2004 Rescheduled to November 15-16, 2004 | PHFE Training Center-Bellflower |
| November 16-17, 2004 | WIC Branch-Sacramento |
| November 16-17, 2004 | American Red Cross-San Diego |
| *December 14-15, 2004 | WIC Branch-Sacramento |

***See note in box.**

ISIS Local Administration

Length: 2 Day

Description: Topics covered include appointment schedules, contact types, checkstock, participation reports, and master nutrition education plans.

Who Should Attend: Project directors, supervisors, and staff with access to ISIS Local Administration.

***Please refer to PWPC letter NBETS #09-10-04-057. The WIC Branch will maintain the current ISIS training schedule from October 1, 2004 through December 31, 2004.**

Date

Location

To request this training, call Ana Rodrigues at (916) 928-8511 or Mini Vite at (916) 928-8731.

***See note in box.**

California WIC Program

Learning to Listen, Learning to Teach

Length: 4 Days

Description: Are you ready for Learner-Centered Education (LCE)?

Come learn and practice:

- The 7 steps to developing great learning events
- Learner-Centered Education principles

Got questions, get answers! This intensive 4 day course will give you lots of opportunities to practice designing and teaching in a safe LCE way.

This is an application process. Not all applicants will be accepted due to limited space.

Who Should Attend: Experienced staff who teach, train, and/or design classes.

This is an agency specific application process.
The application is available and can be downloaded from the www.wicworks.ca.gov and faxed to (916) 928-6816.

| Date | Location |
|------|----------|
|------|----------|

New dates for 2005

| | |
|-----------------------|--------------|
| January 25-28, 2005 | Sacramento |
| March 1-4, 2005 | Baldwin Park |
| May 17-20, 2005 | San Jose |
| June 7-10, 2005 | San Diego |
| August 2-5, 2005 | Sacramento |
| September 27-30, 2005 | Riverside |

California WIC Program

Advanced Learning Design

Length: 4 Day

Description: Are you ready to refine, review, and reconstruct your trainings and lesson plans?

This GLP course helps you design for sustainable learning.

- Bring a current lesson plan to work on
- Practice your revised lesson plan and gain valuable feedback
- Increase your knowledge, skills, and confidence in designing learner-centered curriculum

Prerequisite: You must have attended *Learning to Listen, Learning to Teach* before registering for the *Advanced Learning Design* course.

Who Should Attend: Staff who train and/or design classes.

This is an application process. Not all applicants will be accepted due to limited space.

To request an application, call Cathryne Ahrens at (916) 928-8604. The application is available and can be downloaded from the www.wicworks.ca.gov and faxed to (916) 928-6816.

Date

Location

New dates for 2005

| | |
|------------------------|-------------------------------------|
| March 29-April 1, 2005 | Los Angeles Area (to be determined) |
| September 20-23, 2005 | Sacramento |

Motivational Interviewing Workshop

| <p>Length: 1 Day</p> <p>Description: Join Steven Malcolm Berg-Smith, MS in learning strategies for motivating health behavior change during individual education sessions.</p> <p>You will:</p> <ul style="list-style-type: none"> • Participate in a sequence of learning activities to explore and shape counseling practice behavior • Begin a process for developing proficiency in motivational interviewing methods through <ul style="list-style-type: none"> ■ Real life demonstrations ■ Video-taped examples ■ Role plays ■ Case studies ■ Small group exercise ■ Staff practice with feedback <p>Who should attend: Staff who provide individual education or train those who provide education.</p> | <table border="1"> <thead> <tr> <th>Date</th><th>Location</th></tr> </thead> <tbody> <tr> <td colspan="2">Upcoming 2005 Workshop dates and locations to be determined.</td></tr> </tbody> </table> | Date | Location | Upcoming 2005 Workshop dates and locations to be determined. | |
|--|--|------|----------|--|--|
| Date | Location | | | | |
| Upcoming 2005 Workshop dates and locations to be determined. | | | | | |

California WIC Program

Learning to Listen, Learning to Teach Application

Name _____

Agency _____

Position _____

Address _____

Phone number _____ Fax: _____

E-mail address _____

What session(s) would you like to attend (specify date & location)?

First Choice: _____

Second Choice: _____

Reasons why you would like to attend a Learning to Listen, Learning to Teach Workshop:

Please fax to:
Cathryne Ahrens
FAX (916) 928-6816
California State WIC Program
3901 Lennane Drive
Sacramento, CA 95834

California WIC Program

Advanced Learning Design Workshop Application

Name _____

Agency _____

Position _____

Address _____

Phone number _____ Fax: _____

E-mail address _____

What session would you like to attend? (specify date and location)

First Choice:

Second Choice:

Please explain why you would like to attend an *Advanced Learning Design*. Specifically, how would you use the principles and techniques of adult learning to improve what you do at WIC?

Prerequisite for this workshop is completion of the *Learning to Listen, Learning to Teach* workshop. Please indicate which

Learning to Listen, Learning to Teach session you attended and include the dates and location _____

Note: Due to the limited number of spaces for this workshop, we may have more applicants than spaces. If so, we will use the information on this application to help select attendees.

Please return to:
Cathryne Ahrens
Fax: 916 928-6816
California State WIC Program
3901 Lennane Drive
Sacramento, CA 95834

California WIC Program Motivational Interviewing Workshop Application

Name _____

Agency _____

Position _____

Address _____

Phone number _____ Fax: _____

E-mail address _____

What session(s) would you like to attend (specify date & location)?

Instructor: _____

Reasons why you would like to attend a Motivational Interviewing Workshop:

Please fax to:
Cathryne Ahrens
FAX (916) 928-6816
California State WIC Program
3901 Lennane Drive
Sacramento, CA 95834

California WIC Program

Application for Training at Your Agency

Complete this form to apply for the following State Trainings:

- **Finding the Counselor Within: Individual Education the Learner Centered Way**
- **FGD: Getting Participants to Talk: Beginning Level**
- **FGD: Getting Participants to Talk: Intermediate Level**
- **Be a Star: Customer Service**
- **Fit WIC**
- **Family Centered Education**

For more information about these trainings, refer to the *Description of Training and Schedule* section of the **Training Bulletin**.

Submit your training application to: **Kim Frinzel, RD, Chief**

Kfrinzel@dhs.ca.gov

Training and Career Development Unit
California WIC Branch

Fax: (916) 928-6816

Phone: (916) 928-8653

Agency Name: _____

Contract Person: _____ **Email:** _____

Phone Number: _____ **Fax Number:** _____

Title of training: _____

Proposed training date(s): _____

(Some trainings require follow up inservices and workshops)

Number of staff to train: _____

Training location: _____

(Agencies are required to handle all training logistics)

What are your agency's goals for participating in the training? _____

Describe your agency's plans for reinforcing the training principles. _____

***If you have more than 25 staff, how will you train the remaining staff in your agency?** _____

*(only answer if applying for *Finding the Counselor Within: Individual Education the Learner Centered Way*)

California WIC Program

Request to Add State Approved Outside Training

From _____ Agency _____

Fax Number _____ Telephone Number _____

I would like to have the following added as a pre-approved outside training:

Workshop/Conference _____

Sponsor _____

Date _____

Location _____

Contact _____

Comments _____

| Fax/mail the request to: Kim Frinzell, RD, Chief Training and Career Development Unit California WIC Program 3901 Lennane Drive Sacramento, CA 95834 Fax: (916) 928-6816 | The application is available and can be downloaded from the www.wicworks.ca.gov and faxed to (916) 928-6816. |
|---|--|

Nutrition Classes Provided by Community Resource Project (CRP) Training Center

| Class Title | Dates Offered |
|---|---|
| Nutritional Needs Assessment & Working With People Basic Nutrition | November 18, 2004 November 19, 2004 |
| Classes for 2005 Infant Nutrition Child Nutrition Prenatal Nutrition Nutrition for Women after Delivery Breastfeeding Promotion & Support | Dates for 2005 January 20, 2005 January 21, 2005 February 17, 2005 February 18, 2005 March 17, 2005 |



| | |
|---------------------------------|---|
| Description | These classes are designed for paraprofessionals; however, nutritionists may attend. The classes are based on the <i>California WIC Program Training Manual</i> . |
| Cost | \$50 per person per class |
| Who Should Attend | Staff who teach and provide individual education |
| Training Location | Community Resource Project Training Site 250 Harris Avenue, Suite 100 Sacramento, CA 95838 |
| Registration Information | Maureen Clark (916) 326-5835 or mclark@cresource.org Fax requests to (916) 326-5839 Attention: Maureen Clark |

**Community Resource Project, Inc. WIC Program
PARAPROFESSIONAL TRAINING CENTER
250 HARRIS AVE., SUITE #1 SACRAMENTO, CA 95838
PHONE (916) 326-5835, FAX (916) 567-5208
(916) 567-5220 (CRP HARRIS AVE.) EXT. # 0**

**REGISTRATION – November 2004 – March 2005
Agency Information**

Local Agency Name: _____ Contact Person: _____

Agency Address: _____ City _____ State _____ Zip _____

E-Mail (if available): _____ Phone #: (_____) _____ Fax #: (_____) _____

Student Information

Student's Name: _____ Length of Employment with WIC: _____

Previous Training: _____

Please **circle** all dates this student will be attending class:

| | <u>CLASS DESCRIPTION</u> | <u>DATES OFFERED</u> |
|-----------|---|-----------------------------|
| SESSION 1 | Nutritional Needs Assessment & Working With People Working with People | Thursday, November 18, 2004 |
| SESSION 2 | Basic Nutrition | Friday, November 19, 2004 |
| SESSION 3 | Infant Nutrition | Thursday, January 20, 2005 |
| SESSION 4 | Child Nutrition | Friday, January 21, 2005 |
| SESSION 5 | Prenatal Nutrition | Thursday, February 17, 2005 |
| SESSION 6 | Nutrition for Women after Delivery | Friday, February 18, 2005 |
| SESSION 7 | Breastfeeding Promotion & Support | Thursday, March 17, 2005 |

(PLEASE NOTE: ALL SESSIONS BEGIN AT 8:30 AM, WITH A HOUR LUNCH BREAK, AND WRAP-UP IS AT 4:30 PM)

Total sessions scheduled to attend _____ x \$50.00 per session = \$ _____

- Email this form to Deena at dmath@cresource.org or Fax to Deena at (916) 567-5208.
If faxing, please write student name and contact phone number clearly on registration form.
- Please make check payable to: **COMMUNITY RESOURCE PROJECT RTC.**
- Please mail or fax a registration form for *each* student attending.
- Mail check to: **915 Broadway, Sacramento, CA 95818**
- Class size is limited. Waiting list will be available.
- You will receive a confirmation for your reservation by mail, fax, or e-mail.
- Refunds available if cancellation is at least 2 weeks prior to training day.
- **Please notify us immediately if there are any changes!**

State Approved Outside Training

| Workshop/Conference | Sponsor | Date | Location | Contact |
|--|---|---|--|---|
| Certificate of Training in Childhood and Adolescent Weight Management | ADA- American Dietetic Association | November 1-3, 2004 | Little Rock, AR | (800) 877-1600 x5500 weightmgmt@eatright.org www.cdrnet.org |
| Lactation Consultant Prep Program | Lactation Education Consultants | November 4-9, 2004 | San Francisco, CA | http://lactationeducationconsultants.com/dates/ |
| American Public Health Association 132 nd Annual Meeting and Exposition | American Public Health Association | November 6-10, 2004 | Washington D.C. | www.apha.org |
| Lactation Consultant and Training | UCLA Extension | November 11-13, 2004 | Los Angeles, CA | (310) 825-8423 www.uclaextension.edu |
| Fitness, Nutrition and Confidence: Raising Healthy Kids | The Child Care Coordinating Council of San Mateo County | November 13, 2004 November 14, 2004 | Redwood Shores, CA Millbrae, CA | (650) 655-6770 www.thecouncil.net |
| 2004 California Center for Physical Activity | Ca. Department of Health Services | November 17-18, 2004 Register for Post-Conference Session on November 18, 2004 "Putting the Pieces Together: Designing Your Local Physical Activity Intervention" | CA. Dept. of Health Services Auditorium 1500 Capitol Avenue Sacramento, CA | For Registration forms and agenda go to this web site: www.caphysicalactivity.org 50 max. for the Post-Conference Session |
| Task Force Seminar: Making Breastfeeding Work: Why, Who and How | Breastfeeding Task Force of Greater Los Angeles | December 3, 2004 | Houssels Forum, Long Beach Memorial Medical Center | Karen Peters, MBA, RD, IBCLC (310) 374-1012 www.breastfeedla.org |

State Approved Outside Training

| Workshop/Conference | Sponsor | Date | Location | Contact |
|---|--|--|--|--|
| TRAININGS FOR 2005 | | | | |
| 2005 Childhood Obesity Conference | Department of Health Services CA Department of Education | January 9-12, 2005 | San Diego, CA | www.cnr.berkeley.edu www.cce.csus.edu/conferences |
| Social Marketing Field School – Focus Groups | University of South Florida | January 10-14, 2005 | University of South Florida College of Public Health Tampa, FL | www.cme.hsc.usf.edu/cgi-bin/match/coph.cgi |
| Lactation Educator Certificate Program: Getting the Infant Started Successful Breastfeeding | The Lactation Institute | January 11-13, 2005 January 18-21, 2005 | Encino, CA | www.lactationinstitute.org |
| Lactation Consultant and Training | UCLA Extension | February 10-12, 2005 | Los Angeles, CA | (310) 825-8423 www.uclaextension.edu |
| Gateway to a Healthier Tomorrow Continuing Education Lactation Conference | Bay Area Lactation Associate (BALA) Conference | March 4-5, 2005 Registration must be postmarked by Feb. 26. | Hs Lordships Restaurant Berkeley, CA | Sue Wirth (510) 524-6917 registration |
| Certificate of Training in Childhood and Adolescent Weight Management | ADA- American Dietetic Association | March 31- April 2, 2005 | Chicago, IL | (800) 877-1600 x5500 weightmgmt@eatright.org www.cdrnet.org |
| Lactation Consultant and Training | UCLA Extension | April 7-9, 2005 | Los Angeles, CA | (310) 825-8423 www.uclaextension.edu |

State Approved Outside Training

| Workshop/Conference | Sponsor | Date | Location | Contact |
|---|--|-----------------------|---|--|
| CWA 2005 Annual Conference | Califomia WIC Association | April 18-20, 2005 | Oakland | CWA office: (916) 448-2280 |
| Intensive Course in Pediatric Nutrition | University of Iowa Health Care | May 9-13, 2005 | Iowa City, IA | (319)356-3636 www.medicine.uiowa.edu/pediatricnutrition |
| National WIC Association Annual Conference | National WIC Association "WIC Growing Healthy Families" | May 22-25, 2005 | St. Louis, MO | Julieann Boyle (402) 595-1396 www.nwica.org |
| Certificate of Training in Childhood and Adolescent Weight Management | ADA- American Dietetic Association | June 23-25, 2005 | Atlanta, GA | (800) 877-1600 x5500 weightmgmt@eatright.org www.cdrnet.org |
| The 19 th Biennial International Conference | La Leche League | July 2-5, 2005 | Washington, DC | www.lalecheleague.org |
| Certificate of Training in Childhood and Adolescent Weight Management | ADA- American Dietetic Association | September 8-10, 2005 | Alexandria, VA | (800) 877-1600 x5500 weightmgmt@eatright.org www.cdrnet.org |
| FNS National Nutrition Education conference 2 | U.S. Department of Agriculture (USDA) | September 12-14, 2005 | Hyatt Regency Crystal City Arlington, VA | For registration brochure contact Infinity Conference Group at icg@infinityconferences.com or call 703-925-9455 ext.0 For future updates go to www.fns.usda.gov/nutritionconference |

State Approved Outside Training

| Workshop/Conference | Sponsor | Date | Location | Contact |
|--|------------------------------------|-----------------------|---|--|
| 2005 American Dietetic Association Food and Nutrition Conference and Exhibition 2005 | American Dietetic Association | October 22-25, 2005 | St. Louis, MO | www.eatright.org/fnce |
| Certificate of Training in Childhood and Adolescent Weight Management | ADA- American Dietetic Association | October 25-27, 2005 | St. Louis, MO | (800) 877-1600 x5500 weightmgmt@eatright.org www.cdrnet.org |
| TRAININGS FOR 2006 | | | | |
| 2006 Intensive Course in Pediatric Nutrition | University of Iowa Health Care | May 8-12, 2006 | Iowa City, IA | (319)356-3636 www.medicine.uiowa.edu/pediatricnutrition |
| 2006 American Dietetic Association Food and Nutrition Conference and Exhibition 2006 | American Dietetic Association | September 16-19, 2006 | Honolulu, HI | www.eatright.org/fnce |
| 2006 National WIC Association Nutrition & Breastfeeding Conference | National WIC Association | September 19-21, 2006 | Pointe Hilton Squaw Peak Hotel Phoenix, AZ | www.nwica.org |

State Approved Outside Training

| Workshop/Conference | Sponsor | Date | Location | Contact |
|--|-------------------------------|--------------------------------------|------------------|--|
| TRAININGS FOR 2007 | | | | |
| 2007 American Dietetic Association Food and Nutrition Conference and Exhibition 2007 | American Dietetic Association | September 29 through October 2, 2007 | Philadelphia, PA | www.eatright.org/fnce |
| | | | | |

To request additional State Approved Outside Training, please use the request form.

State Approved Outside Trainers

| Name | Contact & Address | Contact Phone, Fax, & Email | Workshop |
|------------------------------------|---|--|---|
| ABLE II | Dr. Shirani Loma Linda University, Teaching Learning Center Evans Hall, Room #203 Loma Linda, CA 92350 | (909) 558-8625 (909) 558-0179 fax | <ul style="list-style-type: none"> ABLE II to Improve Academic Performance and Self Confidence |
| Best Start Social Marketing | Linda Inglis 4809 Busch Blvd, Suite 104 Tampa, Florida 33617 | (800) 277-4975 (813) 971-2280 fax | <ul style="list-style-type: none"> Three Step Counseling Method |
| Global Learning Partners (GLP) | Connie Kuipers 4208 Windsor Place Raleigh, NC 27609 | (877) 923-3393 (416) 516-0579 fax ckuipers@globalearning.com | <ul style="list-style-type: none"> Learning to Listen, Learning to Teach Advanced Learning Design |
| Jo Newell | Jo Newell 1086 York Road Dillsburg, PA 17019 | (717) 432-5018 (717) 432-9725 fax ideas2b@aol.com | <ul style="list-style-type: none"> Art of Learning |
| Karen Vadino, Motivational Speaker | Karen Vadino 4661 Logangate Youngstown, Ohio 44505 | (330) 759-7024 (330) 759-7095 fax ksvadino@aol.com | <ul style="list-style-type: none"> Laughing: Just for the Health of It All Stressed up and No One to Choke Me, Myself and I Time Management: An Oxymoron Communication: The Final Frontier |
| Patty Kimbrell | Please phone or email | (858) 485-7758 pkimbrel@mail.sdsu.edu | <ul style="list-style-type: none"> Fit WIC: Active Play for Families |
| Teller Associates | Roz Teller 13220 Aetna Street Van Nuys, CA 91401 | (818) 908-9004 tellerassociates@worldnet.att.net | <ul style="list-style-type: none"> Employee Motivation at WIC |
| Steven Malcolm Berg-Smith | Please phone or e-mail | (415) 933-6598 smalcolms@earthlink.net | <ul style="list-style-type: none"> Motivational Interviewing |

California WIC Program Training Materials

| Title of Material | Description of Training Content | How to Obtain Material |
|---------------------------------------|--|--|
| California WIC Training Manual | <p>This self-paced manual can be used to conduct training for WNA certification.</p> <ul style="list-style-type: none"> • The manual contains the 23 modules for the 8 competency areas for WNAs. • Topics in the manual include an overview of WIC services, the process for certification of WIC participants, nutrition assessment, individual and group education, the food delivery system and information about making referrals. • Information in the manual is considered critical for new staff to become functional in WIC. • The manual can also be used to orient nutritionists. | <p>Each module is in Adobe Portable Document Format (PDF) and can be viewed or downloaded.</p> <p>Available online at www.wicworks.ca.gov</p> |

California WIC Program Training Materials

| Title of Material | Description of Training Content | How to Obtain Material |
|--|---|---|
| WIC Nutrition Assistant (WNA) Certification Manuals | <p>There are two manuals for the WNA certification process, one for the candidate for certification and one for the reviewer working with the candidate.</p> <ul style="list-style-type: none"> • The Reviewer Manual contains an overview of the certification process, the guidelines for reviewers and the answers to evaluation questions. • The Candidate Manual contains the 8 tasks for the competency areas required for certification, the evaluation tools used to assess the candidate's progress, and the signature forms for submission to the State to request certification for the candidate to become a WNA. | <p>Order through Office of State Publishing:</p> <ol style="list-style-type: none"> 1. Complete OSP form 504: <i>Administrative Materials</i>. Record the following information for each manual: <p>970005: Reviewer's Manual</p> <p>970006: Candidate's Manual</p> <p>Order WIC materials: Fax the form to (916) 928-5479 or call (800) 585-7341 or (916) 928-5992.</p> |

California WIC Program Training Materials

| Title of Material | Description of Training Content | How to Obtain Material |
|---|--|---|
| Participant-Centered Counseling-Mentor's Guide and Inservice Guide | <p>There are two training formats for conducting staff training about participant-centered (also known as learner-centered) individual nutrition education. There is an inservice format and an independent study format with structured mentoring of the staff person using the material.</p> <p>Each format contains 6 sessions about the essential skills for conducting individual education/counseling. The topics covered include:</p> <ul style="list-style-type: none"> • Participant-centered education • Basic counseling skills • Tailoring individual education to meet participant's needs • Stages of change for making behavior changes | <ul style="list-style-type: none"> • Contact Mike Elfant at (916) 928-8520 or email melfant@dhs.ca.gov |

California WIC Program Training Materials

| Title of Material | Description of Training Content | How to Obtain Material |
|---|---|---|
| <p>Working with Diverse Staff and Participants-Inservice Guide</p> | <p>This is a series of training guides that are designed to use for inservices. The guides work best if completed sequentially. Each inservice can be conducted in one to two hours.</p> <p>The four guides are:</p> <ul style="list-style-type: none"> • <i>Getting to Know You</i> is about sharing cultural history and exploring feelings about culture. • <i>The Importance of Culture</i> is about how culture affects working with WIC families and WIC staff. • <i>Telling your Story</i> is about reflecting on past experiences and current beliefs related to culture. • <i>Exploring Communities</i> is about sharing knowledge and experiences for working with people from the cultures your agency serves. <p>There is an attachment which includes cross cultural counseling suggestions and typical feeding patterns of 15 ethnic groups.</p> <p>These materials could be incorporated into your annual mandatory civil rights training.</p> | <ul style="list-style-type: none"> • Contact Mike Elfant at (916) 928-8520 or email melfant@dhs.ca.gov |

California WIC Program Training Centers

| Location | Type of Training Offered | Contact | Contact Telephone |
|---|---|------------------|-------------------------|
| American Red Cross 5911 University Avenue San Diego, CA 92115 | <ul style="list-style-type: none"> • ISIS | Amy Trendel | (619) 583-8573 |
| Community Resource Project (CRP) 250 Harris Avenue, Suite 6 Sacramento, CA 95838-3279 | <ul style="list-style-type: none"> • Specialty | Elysia Landeros | (916) 567-5220 ext. 242 |
| Public Health Foundation Enterprises, Inc. 17610 Bellflower Boulevard, #A205 Bellflower, CA 90706 | <ul style="list-style-type: none"> • ISIS • Specialty | Kim Frinzell | (916) 928-8653 |
| The Sherman Building 3900 Sherman Drive Riverside, CA 92503 | <ul style="list-style-type: none"> • ISIS • Specialty • WNA Reviewer | Catherine Dovell | (909) 358-5311 |
| United Health Centers of the San Joaquin Valley, Inc. 1560 East Manning Avenue Reedley, CA 93654 | <ul style="list-style-type: none"> • ISIS • Specialty • WNA Reviewer | Terry Echeveste | (559) 638-3948 |
| WIC Branch 3901 Lennane Drive Sacramento, CA 95834 | <ul style="list-style-type: none"> • ISIS • Specialty | Kim Frinzell | (916) 928-8653 |

Nutrition Education and Training Consortia

| Consortium | Contact Person | Telephone |
|--|--|-------------------------|
| Bay Area Nutrition Education and Training Consortium | Beverly Clark Contra Costa County | (925) 646-5376 |
| Central Valley Nutrition Education and Training Consortium | Nicole Adams UHC Adams4uhcwic@hotmail.com | (559) 638-3948 |
| North Coast Nutrition Education and Training Consortium | Denise Kirning Solano County | (707) 784-8131 |
| Sacramento Nutrition Education and Training Consortium | Beverly Anstine Stanislaus County | (209) 558-5075 |
| Southern California Nutrition Education Consortium | Gauri Rao Public Health Foundation Enterprises, Inc. | (626) 856-6650 ext. 213 |
| Southern California Training Consortium | Esther Ho Orange County | (714) 834-7775 |

LOCAL AGENCY TRAINING APPROVAL REQUEST

Name of Contact Person: _____
Local Agency Name: _____

Date: _____
Date Approval Needed: _____

Training Information

Name of Training: _____

Date(s) of Training: _____ Location of Training: _____

Reason for Attendance: _____

Training Overview : *Please attach flyer or copy of course description*

Request that the Following Staff Attend Training

| Name | Position Title |
|-------|----------------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Costs

| | | | |
|---|----------------------------|------------------------------------|---------------------|
| Registration: | Number of Attendees: _____ | X Registration Fee/person | \$ _____ = \$ _____ |
| Per Diem: | Number of Attendees: _____ | X Per Diem & Lodging/person | \$ _____ = \$ _____ |
| Airline: | Number of Attendees: _____ | X Ticket Price/person | \$ _____ = \$ _____ |
| Car Rental: | Number of Days: _____ | X Rate/day | \$ _____ = \$ _____ |
| Mileage: | Number of Miles: _____ | X No. of Cars _____ X Mileage Rate | \$ _____ = \$ _____ |
| Other Cost (<i>Please Specify</i>): _____ | | | \$ _____ = \$ _____ |

TOTAL COSTS

\$

Questions

- Are there adequate funds in the appropriate line of your current Fiscal Year WIC budget for this training? ☐ Yes ☐ No
If "No", have you submitted a line item transfer request? ☐ Yes ☐ No
- Is this training included in your training plan for the current fiscal year? ☐ Yes ☐ No
If "No", explain why addition is needed. _____

STATE USE ONLY

Date: ____/____/____ ☐ Approved ☐ Not Approved

Signature: _____ Region al Nutrition Consultant WIC Supplemental Nutrition Branch

OUT OF STATE TR AVEL APPROVAL Date: ____/____/____ ☐ Approved ☐ Not Approved

Signature: _____ Section Chief WIC Supplemental Nutrition Branch